

## ABSTRACT OF THE DISCLOSURE

A modified ball and modified bat are provided in which the ball is approximately a half-sphere and the bat has a constant diameter that is significantly reduced from the diameter of the designated hitting area on a conventional bat. Instructions are provided detailing the pitching methods necessary to throw standard pitches, i.e. the fastball, knuckleball, screwball, slider, curveball, sinkerball, splitfinger fastball, and rising fastball. The methods include grip positions, arm motions and release techniques for such pitches. Due to the in-flight characteristics of the modified ball, the standard pitches are easier to throw, allowing a larger number of individuals to assist as pitchers in batting practice, for batters that need to become familiar with the standard pitches and the arm motions associated with such pitches. The reduced diameter bat causes the practicing batter to be more precise in the swing in order to make contact with the ball. When the modified ball is substituted as the ball in an otherwise typical baseball game, the unusual bounces of the modified ball while in play add an element of fun and

uncertainty to the game. The modified bat in such a baseball game also provides an entertaining change of pace.